



Center Activities - MARCH

Monday - Thursday 7:00 AM - 2:30 PM

Friday 7:00 AM - 2:00 PM

Dana Ziegler, Dir. of Center Operations
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MIFFLIN CENTER

30 Liberty Street
Shillington, PA
610-777-5577

Find activity schedules for all six centers @ berksencore.org/center-activities
Join the Mifflin Center group on Facebook @ facebook.com/Mifflincenterberksencore

****All Classes & Activities are FREE unless noted****

Regional Premiere

“I’LL KNOCK A HOMER FOR YOU!”

The timeless story of Johnny Sylvester and Babe Ruth

A film by Johnny’s Great-Nephew Andrew Lilley

Mr. Lilley will be present to conduct a Q&A session after the screening

Thrilled to show this uplifting 1-hour documentary as the main event of

“Hey, batter, batter!”

Celebrating Spring Training and warmer weather on deck

Hot Dogs, Beverages and Cracker Jacks

FIRST PITCH 12:30pm - TUESDAY, MARCH 10th

To attend: Sign up at the center or call 610-777-5577

Promotional items provided by our favorite Fightin’ Phils

Support and funding provided by Berks County Area Agency on Aging

EVERY	10:30 AM:	Grocery Bingo - \$3 fee
Monday	12:00 PM:	Tai-Chi with Jan Gyomber*
	12:00 PM:	Card Club – Pinocle (2 hrs)
	12:15-12:50 PM:	Back to Basics - Country Line Dancing for Beginners
	1:00-2:00 PM:	Country Line Dancing - \$1 donation
	2:00-2:30 PM:	Advanced Country Line Dancing

EVERY	9:00 AM:	Healthy Steps in Motion (Class Full – Next 8-wk cycle starts 3/31)
Tuesday	9:30 AM:	Breakfast Club (Panera & Coffee)
	10:30 AM:	Sit and Get Fit with Amy Schade*
	11:00 AM:	Chair Yoga with Amy Schade*

EVERY	9:30 AM:	Bagels & Brew (New York Bagelry-West Lawn & Coffee)
Wednesday	9:30 AM:	Pound Class – with Kathy Graul - \$2 fee
	10:30 AM:	FABS (Flexibility Aerobics Balance Strength) with Amy Schade*
	11:15-11:45 AM:	The Circuits (Circuit Training) with Amy Schade - \$2 fee
	1:15-2:45 PM:	DANCE PARTY with DJ Ted (3/4 and 3/18 only)

EVERY 9:30 AM: Chit Chat & Coffee
Thursday 10:30 AM: Sit and Get Fit with Elizabeth Bentz*
11:00 AM: Chair YoChi with Elizabeth Bentz - **\$2 fee**
11:30 AM: Crochet with May! **(sign up required)**
12:00 PM: Dollar Bingo - **\$3 fee**
12:30 PM: Coloring Club with Dayspring

EVERY 10:00 AM: Dynamic Stretch with Amy Schade - **\$2 fee**
Friday 10:00 AM: Crafts with Donna* **(sign up required) (3/6 & 3/20 only)**
11:30 AM: ZUMBA Gold with Jen DeBlase*

Additional Activities:

Tuesday, 3/3 11:30 AM: Celebrate March Birthdays! Cupcakes for all!
Monday, 3/9 4:30 PM: **FREE** Community Meal served by Grace Lutheran Church
Wednesday 3/11 12:30 PM: BoomBox Bingo!* **\$2 fee (sign up required)**
Tuesday, 3/17 12:30 PM: Candy Bingo! with David "The Candy Man" **(sign up required)**
Wednesday, 3/18 12:00 PM: Bingo! by Sense of Peace **(sign up required)**
Tuesday, 3/24 12:00 PM: The Art of Pysanky (Egg Decorating)* **\$5 fee (sign up required)**
From its history to the symbolism found in the designs, Kim presents this treasured Ukrainian craft
Wednesday 3/25 10:00 AM: Cookie Decorating! **\$5 fee (sign up required)**
Join the first class presented by sisters who share their talents and techniques as you decorate 4 cookies with early spring the focus
11:30 AM: Conversational ASL Basics with Keystone Deaf & Hard of Hearing Services **(sign up required – class max. 6 ppl)**
12:30 PM: Beginners' Bingo with Dana **\$2 fee (sign up required)**

"Tech Time" Currently on hold. We are seeking volunteers from area colleges.

AVAILABLE EVERYDAY:

Cardio Equipment, Puzzles, Tabletop Shuffleboard, Adult Coloring, Lending Library, Playing Cards, Board Games and Computer/Internet Access.

**Classes and programs marked with an (*) are courtesy of funding from*



GRAB-N-GO Lunches available
or
DINE IN WITH FRIENDS AT THE CENTER!

Monday - Friday **11:30 AM-12:30 PM**
Menu Available

\$2.50 donation suggested

Reserve your meal 2 working days in advance by 9:00 AM